In the Claims

1. A method for manually aligning ophthalmic spectacle lenses, the spectacle lens being held on one side for the purpose of machining a free side of said spectacle lens by a first holder via a connecting material situated therebetween, and said first holder being inserted into a cutout of a retaining device, after which the free side is machined, wherein after the machining of a free side of the spectacle lens

a) said first holder is inserted into a cutout of an adapter part that is provided with markings,

b) said spectacle lens is subsequently aligned with the aid of said markings of said adapter part, and said spectacle lens is connected to a second holder, said second holder being inserted into said retaining device, and

c) said first holder is finally removed with said adapter part from said spectacle lens together with the connecting material.

2. A method for manually aligning ophthalmic spectacle lenses, the spectacle lens being held on one side for the purpose of machining a free side of said spectacle lens by a first holder via a connecting material situated therebetween, and said first holder being inserted in a cutout of a retaining device, after which the free side is machined, wherein after the machining of the free side of the spectacle lens

a) said first holder is inserted into a clamping device of a positioning device,

b) said positioning device is subsequently fed to said retaining device,

c) connecting material is subsequently introduced between said spectacle lens and a second holder, and

d) said first holder is subsequently released from said clamping device and is removed from said spectacle lens together with the connecting material.

3. The method as claimed in one of claims 1 or 2, wherein the ophthalmic spectacle lens is an ophthalmic organic spectacle lens, in particular an organic progressive lens.

4. The method as claimed in one of claims 1 or 2, wherein said ophthalmic spectacle lenses are semifinished products of progressive lenses.

5. An apparatus for manually aligning ophthalmic spectacle lenses the spectacle lens being held on one side for the purpose of machining a free side of said spectacle lens by a first holder via a connecting material situated therebetween, and said first holder being inserted in a cutout of a retaining device, comprising a positioning device with a clamping device that is provided with a cutout for accommodating said first holder, it being possible to align and adjust the height of said positioning device for the purpose of alignment with said retaining device.

6. The apparatus as claimed in claim 5, wherein said positioning device is provided with a guide for adjusting the height of said clamping device.

7. The apparatus as claimed in claim 6, wherein said guide is provided with an xy table for alignment with said retaining device.

8. The apparatus as claimed in one of claims 5 to 7, wherein said clamping device is provided with an end position lock.

9. The apparatus as claimed in claim 6, wherein said guide is provided with an end position damper.

10. The apparatus as claimed in claim 5, wherein said ophtalmic lenses are semifinished products of progressive lenses.

11. An adapter part for manually aligning ophthalmic spectacle lenses, for machining a free side of the spectacle lens, said spectacle lens being provided with a holder, wherein a cutout is provided in said adapter part for inserting said first holder, said adapter part comprising markings for aligning said spectacle lens.

12. The adapter part as claimed in claim 11, wherein said markings are provided on the side averted from said cutout.

13. The adapter part as claimed in claim 11, wherein a transverse web for positioning said first holder is arranged in said cutout.

14. An adapter part for manually aligning ophthalmic spectacle lenses for machining a free side of the spectacle lens, said spectacle lens being provided with a holder, wherein a collet chuck is provided, said collet chuck being planted in a housing, and it being possible to align said spectacle lens by means of said collet chuck.

15. The adapter part as claimed in one of the claims 11 to 14, wherein said ophthalmic spectacle lenses are semifinished products of progressive lenses.